

Ellington Senior Center Calendar

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
EMAT APPTS Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Line Dancing 1:30pm Shaw's	EMAT APPTS Bridge 9:00am Dominos 1:00pm Book Club 2:00pm Setback 7:00pm "Out To Lunch" Stone & Paddle Restaurant Vernon 1pm	EMAT APPTS HVCC Transit Tax Preparation 9:00am Podiatry Clinic 9:00am Ellington Singers 10:15am Shuffleboard 2:00pm TRIAD Mtg. @ Snipsic 2pm Big Y/Geissler's	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm "Celebration of Life" Carmon Funeral Homes 2pm	EMAT APPTS Mahjongg 10:00am Ballroom Dance 1:00pm Polka Social 2:30pm SAT- 3/6/10 Setback @ 7:00pm
8	9	10	11	12
EMAT APPTS Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Line Dancing 1:30pm Musical Insights 6:00pm Shaw's	EMAT APPTS Bridge 9:00am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm Fall Prevention in Home Karri Redinger 2pm	EMAT APPTS HVCC Transit Tax Preparation 9:00am Ellington Singers 10:15am Shuffleboard 2:00pm Ellington Days For Mammograms Big Y/Geissler's	EMAT APPTS Sew & So/Crafts 9:30am Better Age Club 1:00pm Canasta 1:00pm	EMAT APPTS Mahjongg 10:00am Ballroom Dance 1:00pm Polka Social 2:30pm SAT – 3/13/10 Setback @ 7:00pm
15	16	17	18	19
EMAT APPTS Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Line Dancing 1:30pm Shaw's	EMAT APPTS No Bridge 9:00am Setback 7:00pm St. Patrick's Day Dinner 12:00pm	EMAT APPTS HVCC Transit Tax Preparation 9:00am Ellington Singers 10:15am Shuffleboard 2:00pm Big Y/Geissler's	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm Memory & Creative Writing 1:00pm	EMAT APPTS Mahjongg 10:00am Parkinson Support Group 10:00pm Ballroom Dance 1:00pm Polka Social 2:30pm SAT – 3/20/10 Setback @ 7:00 p.m.

22	23	24	25	26
EMAT APPTS Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Line Dancing 1:30pm Musical Insights 6:00pm Shaw's	EMAT APPTS Bridge 9:00am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm Positive Energy A "Supply Only" Company For Electricity 2pm	EMAT APPTS HVCC Transit Tax Preparation 9:00am Ellington Singers 10:15am Shuffle Board 2:00pm Big Y/Geissler's	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm Better Age Club 1:00pm	EMAT APPTS Mahjongg 10:00am Ballroom Dance 1:00pm Polka Social 2:30pm SAT – 3/27/10 Setback @ 7:00pm
29	30	31		
EMAT APPTS Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Line Dancing 1:30pm Shaw's	EMAT APPTS Bridge 9:00am Setback 7:00pm Movie Time 1:00pm	EMAT APPTS HVCC Transit Tax Preparation 9:00am Ellington Singers 10:15am Shuffle Board 2:00pm Big Y/Walmart, E. Windsor		*Note: Schedule subject to change without prior notice
Upcoming Activities		Monthly Features		Reminders
Coping With Change and Loss – 4/7/10 – (2pm) Gary Evans-Presentation on Budgets-Lunch & Learn 4/13/10 (12:30pm) Spaghetti Supper – Ellington Congregational Church - 4/17/10 (5pm & 6pm sittings) Ellington Singer's " <i>Spring Musicales</i> " – 4/22/10 – (1pm) Angel Food Presentation "Raffle" – 4/26/10 (2pm) Evenings Cards: Setback – Tuesday & Saturday's - (7pm).		Ballroom/Polka Social – Friday, Ballroom(1pm); Polka (2:30pm) Better Age Club – Meetings 2 nd & 4 th Thurs of month (1pm) Blood Pressure Clinic/Diabetic Screen –2 nd & 4 th Tues of the month (1:30pm) Book Club – First Tues of month (2pm) Bridge – Tuesdays (9am) Ellington Singers – Wednesdays (10:15am) Exercise Classes – Mondays (9:00am) Line Dancing – Mondays (1:30pm) Mahjongg – Mondays (1pm); Friday (10am) Memory & Creative Writing – 3 rd Thursday of month (1:30pm) Movie Time – Last Tues of month (1pm) Musical Insights – 2 nd & 4 th Monday of the Month (6:00pm) Out To Lunch – 1 st Tues of month (1pm) Podiatry Clinic – First Wednesday of month (9:00am) Shuffle board – Wednesdays (2pm) Tai Chi – Mondays (10:30am beginners) (11:30am advance) Anna L. Turner, MSW – Elderly Outreach Social Worker		Transportation Line: 860-870-3137 Hours: 9:00 a.m. – 1:00 p.m. All Information for the upcoming newsletter needs to be into the Directors Office no later than 4/8/10